

BREAKFAST

TOAST WITH BUTTER AND CONDIMENTS

Sourdough (856kJ) / Quinoa Soy Linseed (1419kJ)	6
Gluten Free (856kJ)	7
Fruit Loaf with Ricotta & Honey (2150kJ)	7
served with strawberry jam (150kJ) / peanut butter (27	3kJ)
/ vegemite (35kJ) add extra condiment +0.5	

EGGS AS YOU LIKE

10

Served on sourdough toast (see extras) Poached (1540kJ) / Scrambled (2000kJ) / Fried (2090kJ)

BREKKIE WRAP

Bacon, scrambled eggs, hash brown, tomato relish, lettuce,	
hollandaise sauce in spinach wrap or milk bun (3370kJ)	14
Add cheese (+276kJ) +1 / avo (+994kJ) +2	

BREKKIE BURGER

Bacon, fried egg, hash brown, lettuce, house tomato relish,	
tomato, aioli on a soft milk bun (<i>3370kJ</i>)	14
Add cheese (+276kJ) +1 / avo (+994kJ) +2	

HOUSE BAKED GRANOLA BOWL

House baked granola, sweetened yogurt, açaí compote, seasonal berries, coconut chia pudding, crushed strawberry (2970kJ) 16

OMELETTE gfor

Roasted mushrooms, braised tomato, tempura batter bits, mozzarella, and chives served with toasted bread (2250kJ) 16 Add chicken (+718kJ) / ham (+453kJ) / smoked salmon (+561kJ) +4

CRUSHED AVO DELIGHT V

Crushed avo, tomato salsa, green balsamic, poached egg, whipped Persian fetta, chilli, chives with toasted sourdough (2640kJ) 18

SALMON BENNY

Smoked salmon, toasted sourdough, sweet corn salsa, smashed avo, poached eggs, hollandaise, chives (*3260kJ*) 20 **Or, swap the salmon for ham** (*2920kJ*) **or bacon!** (*3210kJ*)

GRILLED HALLOUMI STACK V gfor

Spiced eggplant, heirloom tomato, raisin, grilled halloumi, coriander, sautéed kale, Spanish onion, poached egg, harissa on sourdough (2290kJ) 18

SWEET CORN FRITTERS

Tempura sweet corn fritters, house tomato relish, chilli, tomato & avo salsa, poached egg, whipped Persian fetta, Asian herb salad (*1780kJ*) 18

CAULIFLOWER SHAKSHUKA V

Slow braised cauliflower, potato, tomato, coriander, onion, spices, chives, whipped feta, and eggs served with toasted sourdough (*1520kJ*)

18

BREAKFAST GNOCCHI

Home-made potato gnocchi, roasted tomato, chorizo, shallots, chilli, parmesan snow, crispy potato skins, poached egg (*3590kJ*) 19

LEAF BREKKIE V

Two poached eggs, grilled halloumi, hash brown, mushrooms, sautéed kale, smashed avo, roasted tomato with toasted sourdough (*3760kJ*) 22

BIG BREAKFAST

Two eggs your way, grilled chorizo, bacon, hash brown,crushed avo, roasted mushrooms, roasted tomatoserved with toasted sourdough (4440kJ)24

ΗΟΤϹΑΚΕ ^ν

Seasonal berries, mixed caramelized nuts, toasted coconut, whipped vanilla ricotta, Ferrero Rocher, fairy floss and genuine maple syrup (3490kJ) 18

3

EXTRAS

Poached Egg (345kJ) / Hash Brown (553kJ) / Roasted Tomato (86kJ)

Grilled Bacon (1310kJ) / Grilled Halloumi (722kJ) / Smoked Salmon (561kJ)

5

5

7

Sautéed Kale (67kJ) / Mushrooms (160kJ) / Avocado (994kJ) / Chorizo (784kJ) 4 Potato Chips (*1192kJ*) Sweet Potato Chips (*809kJ*)

Please notify staff of any food allergies.

The average adult daily energy intake is 8700kJ



SALADS

ROASTED PUMPKIN SALAD $\,^{v}$

Roasted pumpkin, pepita seeds, whipped Persian fetta, kale, avo,			
roasted Spanish onion, tomato, balsamic glaze (2300kJ) 18			
Add avo (+994kJ)	+4	Add chicken (+718kJ)	+5
Add halloumi (+722kJ)	+4	Add smoked salmon (+561kJ)	+5

CHICKEN SUPER FOOD SALAD

Roasted pumpkin, harvest corn, red onion, tomato, quinoa, kale, chia seeds, sous-vide chicken fillet, with honey mustard dressing (1460kJ) 18 Add halloumi (+722kJ) +5

BURGERS & SANDWICHES

GRILLED CHICKEN WRAP

Grilled chicken, hummus, avo, corn, onion, lettuce, cucumber, sweet chilli mayo, tomato in a spinach tortilla wrap (*2830kJ*) 14

CRISPY FRIED CHICKEN BURGER

Crispy fried chicken fillet, lettuce, coleslaw, kewpie mayo, Japanese BBQ sauce on a soft milk bun with chips (*5090kJ*) 18

BAD BOY BURGER

Wagyu beef patty, house tomato relish, grilled bacon, lettuce,		
tomato, tempura onion rings, melted cheddar cheese		
and aioli on a milk bun with chips (6090kJ)	20	

STEAK SANDWICH

Grain-fed sirloin (150g), tempura onion rings, lettuce, tomato, house tomato relish, roasted garlic aioli with chips (4890kJ) 22

MAINS

ALL THINGS GREEN gfor

Brown rice, poached egg, avocado, edamame, broccolini, broccoli, furikake, sautéed kale with kombu sauce (*2430kJ*) 18 Add grilled chicken (*+718kJ*) **+5**

CHICKEN SCHNITZEL

Panko crumbed chicken breast fillet, cabbage slaw, chips, and creamy mushroom sauce (*3780kJ*) 18 Make it parmigiana! (+280kJ) top with tomato ragu and mozzarella +3

FISH & CHIPS

Crispy battered Hoki fillets, chips and tartare sauce (3330kJ) 18

SALMON RICE BOWL

Teriyaki marinated salmon, brown rice, edamame, avo, greens, kewpie mayo, furikake, chives (*3850kJ*) 23

KID'S MENU Served with Kid's AJ (+480kj)	
Kid's Ham & Cheese Toastie (1460kJ)	10
Kid's Brekkie Scrambled egg, hash brown, with toast (<i>1590kJ</i>)	10
Kid's Chicken Nuggets With chips, tomato sauce (2650kJ)	10
Kid's Cheeseburger With wagyu beef, cheese, BBQ sauce, chips (<i>3960kJ</i>)	14

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DRINKS

BREW BAR

COLD DRIP COFFEE

A slow, four to six hour extracted coffee. Sweet, liquor like flavour with low acidity. Sold in a bottle. Served on ice. (2kj) 6

HARIO V60

Hario V60 pour over gives the barista complete control over brewing extraction. This produces a clean after taste with a well rounded flavour of our single origin coffee. 6 $(2k_i)$

3.2

3.7

3.7

ESPRESSO

FLAVOURED Chai Latte (910kj)

Green Tea Latte (929kj)

4.2

1.5

Ristretto (2kj) Short Black (2kj)

Long Black (4kj)

Babycino (133kj) upsize +0.7

Macchiato (61kj) Piccolo (197kj) Flat White (451kj) Latte (541kj)

Cappuccino (451kj)

upsize +0.7

BELGIAN HOT CHOCOLATE / MOCHA

We use Belgian couverture chocolate, high-quality chocolate that contains a higher percentage of cocoa.

HOT CHOCOLAT	E 4.7	мосна	4.7
White	(979kj)	White	(937kj)
Milk	(1250kj)	Milk	(933kj)
Dark	(1080kj)	Dark	(924kj)

upsize +1.0

upsize +1.0

Decaf (2kj) / Extra Shot (2kj)	0.5
Almond Milk (231kj) / Soy Milk (361kj)	0.7
FLAVOUR Caramel (<i>270kj</i>), Hazelnut (<i>274kj</i>), Vanilla (<i>274kj</i>), Mint (<i>280kj</i>)	0.7

ORGANIC LOOSE LEAF TEA

Temperature controlled, brewed to perfection.	4.5	
GOOD MORNING Our luxurious take on English Breakfast Tea (<i>2kj</i>)		
EARL GREY BLUEFLOWER Ceylon Orange Pekoe Black Tea infused with bergamot (<i>2kj</i>)		
GENMAICHA (KYOTO JAPAN) Brothy Kyoto Green Tea with toasted rice (<i>2kj</i>)		

SILVER JASMINE (ZHEJIANG)

Silver tipped Green Tea, infused with jasmine blossoms (2kj)

DIGESTIF

Mint, lavender and fennel seeds to aid digestion (2kj)

HEAL

Lemongrass and ginger blend to restore minerals (2kj)

WHITE PEONY (FUJIAN)

Lightly biscuity White Tea, high in antioxidants (2kj)

MASALA CHAI

Authentic Indian recipe of spices with an Assam Tea base (465kj)

PLEASE ORDER AT THE COUNTER

COLD BEVERAGE

		-	
ICED ESPRESS Iced Long Black (Iced Latte (1050k) Iced Coffee (1450	4kj) ;)		5.5 5.5 6.5
Salted Caramel A		70kj)	6
BLENDED Iced Coffee (1700 Iced Chai Latte (9 Iced Green Tea La	10kj)		7 7 7
ICED CHOCOLAT	E 7.5	ICED MOCHA	7.5
White Milk Dark	(3020kj) (2957kj) (2900kj)	White Milk Dark	(2110kj) (2100kj) (2080kj)
HANDCRAFTE New Zealand Gol Lychee (<i>712kj</i>) Cranberry & Lime	den Kiwi & N	Mint (860kj)	6.5 6.5 6.5
ORGANIC ICED BREAKFAST LEM Ceylon Orange Po	ON MINT		
with fresh lemon j		611kj)	6
LEMONGRASS & GINGER Caffeine-free cold tisane with fresh lemon zest (402kj) 6			
EGYPTIAN ICE Liquid Turkish delight (<i>439kj</i>)			
COLD PRESSEE ORANGE Straig		ce (600kj)	9
GREEN Apple, pear, spinach & kale (830kj)			9
RED Watermelon & strawberry (<i>665kj</i>) 9			9
FRUITY SMOO STRANANA Strawberry, banar		ney (1290kj)	7.5
PASSION TANGO ^{df} Pineapple, passionfruit, banana & mango (<i>1330 kj</i>) 7.5			7.5
SUMMER SUNSET ^{df} Pineapple, mango, strawberry & kiwi (<i>1290kj</i>)			7.5
BLACK POTION ^{af} Activated charcoal, blackcurrant, blackberry, cherry, blueberry & banana (1240kj)			8
AÇAÍ ⁴ Açaí, blueberry, b	lackberry, b	anana (1420kj)	8.5
		40kj) / Salted Caram / or Banana (1290kj)	
Add Extra Ice	Cream (645k	<i>i</i>)	1

Please note, a surcharge of 10% applies on public holidays ^{df} Dairy free

THE AVERAGE ADULT DAILY ENERGY INTAKE IS 8700 KJ